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Cabbage

as soldiers eat it!

These 8 recipes for using cabbage are the special recipes the Army has sent to all Army posts in the United States—in order that soldiers would get even better, tastier dishes prepared with cabbage. As the recipes go to Army posts, they appear in quantities sufficient to feed 100 men.

The Army has "scaled down" these recipes to family size (serving for six) and made them available to CONSUMER TIME radio program listeners—program of March 4, 1944. CONSUMER TIME—the War Food Administration radio program—thanks the Army for these recipes on behalf of the program—and on YOUR behalf—because these cabbage dishes—that our soldiers are eating—are dishes YOU'RE going to like, too.

STUFFED CABBAGE

Serves 6

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|----------------------------|----------------|
| 1 medium-sized cabbage | ½ cup milk |
| 1 pound beef | 1 beaten egg |
| 1 slice bacon or salt pork | Salt |
| 1 onion | Pepper |
| ½ cup bread crumbs | 1 green pepper |

Select solid cabbage, not too large. Remove outside leaves. Cut out stalk end, leaving a hollow shell. Chop uncooked beef with bacon and onion. Add crumbs soaked in milk, beaten egg, salt, and pepper. Shape mixture into balls or cakes, arrange in cabbage. Arrange strips of sweet pepper on top of cabbage, tie in cheesecloth, then steam or boil until tender. Serve with tomato sauce.

CREAMED CABBAGE

Serves 6

- 1½ pounds cabbage
1 pint white sauce
Mace - pinch

Remove outside leaves of cabbage. Cut in quarters and remove heart. Soak in cold, salted water for 20 minutes. Shred cabbage and cook in boiling water, uncovered, about 8 to 10 minutes. Drain. Combine with hot white sauce and mace.

CABBAGE WITH MUSTARD BUTTER SAUCE

Serves 4 to 6

- 1½ pounds shredded cabbage - (7½ c.)
¼ teaspoon powdered or prepared mustard
¼ teaspoon granulated sugar
¼ teaspoon salt
3 tablespoons butter or margarine
1 teaspoon lemon juice

Shred the cabbage and cook until tender. Drain. Meanwhile mix the mustard, sugar, and salt with the butter in a saucepan. Heat slowly, stirring constantly. When it is smooth, stir in the lemon juice. Pour over the cabbage, mix with a fork; then serve.

SCALLOPED CABBAGE

Serves 6

- 1½ pounds cabbage
1 pint white sauce
2 tablespoons melted butter
½ cup bread crumbs

Remove outside leaves of cabbage. Cut in quarters and remove heart. Soak in cold, salted water for 20 minutes. Cook cabbage in boiling water, uncovered, about 8 to 10 minutes, until tender. Drain. Arrange cabbage in baking pan. Pour white sauce over top, then sprinkle with buttered crumbs. Place in oven and heat until crumbs are delicately browned.

A thin cheese sauce may be substituted for the white sauce.

BUTTERED CABBAGE

Serves 6

- 1½ pounds cabbage
3 tablespoons butter
Salt

Remove outside leaves of cabbage. Cut in quarters and remove heart. Soak in cold, salted water for 20 minutes. Cut into wedge-shaped portions. Cook in small amount of boiling water, uncovered, from 10-20 minutes, until tender. Drain immediately. Add butter and salt.

(Listen to CONSUMER TIME—War Food Administration program—Saturdays, 12:15 p. m. EWT; 11:15 a. m. CWT; 10:15 a. m. NWT; 9:15 a. m. PWT. National Broadcasting Company Stations, Coast-to-Coast.)

CABBAGE SLAW*Serves 6*

½ pound cabbage, chopped fine
 ¼ cup vinegar
 1 teaspoon salt
 6 tablespoons brown sugar
 ½ cup mayonnaise

Add vinegar, salt, and brown sugar to cabbage.
 Let stand 1 hour. Squeeze out dry. Add mayonnaise
 and serve.

CABBAGE, CARROT, AND CELERY SALAD*Serves 6*

1 pound cabbage)
 2 cups celery) chopped fine
 1½ cups carrots, grated
 1 teaspoon salt
 ¼ cup cooked dressing
 ¼ cup mayonnaise dressing
 ½ pound lettuce

Combine all ingredients and serve in lettuce cups.

CASSEROLE OF RICE, CABBAGE AND TOMATOES*Serves 6*

4 cups shredded cabbage	2 tablespoons melted butter or margarine
1 No. 2½ can tomatoes - (3½ c.)	2 cups cooked white rice
2 teaspoons salt	½ cup soft bread crumbs
1 teaspoon granulated sugar	2 tablespoons grated American cheese
	1 tablespoon minced onion

Cook the cabbage until tender. Drain. Meanwhile combine and cook
 the tomatoes, salt, sugar, onion and 1 tablespoon of the butter for 5
 minutes. Arrange the cabbage, tomatoes, and rice in alternative layers
 in a 1½ quart casserole. Combine the crumbs with the cheese and the
 remaining 1 tablespoon butter, and sprinkle over the top of the casserole.
 Bake in a moderately hot oven of 375° F. for 45 minutes.

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